



SANDY PARKS AND RECREATION 2008-2009 JR. JAZZ BASKETBALL RULES GRADES 9-12

Regulation High School Basketball rules will govern Sandy City Jr. Jazz Basketball except for the following modifications:

1. Games will consist of four eight-minute quarters with a three-minute half time and one minute between quarters. Duration of quarters may be adjusted to keep games on schedule. The time clock will run continuously except for time outs and free throws. Four thirty-second time outs will be allowed during a regulation game. To break a tie there will be a three-minute overtime followed by sudden death (first basket wins) if necessary. A jump ball will be used to start the game and to start sudden death. All jump balls thereafter will alternate.
2. The ten second back court rule and three-second lane violations are used.
3. Everyone plays one quarter of every game they attend. In addition, no player is allowed to play the entire game. Exceptions are: A player becomes ill or injured, a player fouls out, a player is ejected from game, or only five players are present.
4. Players receiving five personal fouls in one game will be disqualified. Technical fouls count as personal fouls. Players receiving two technical fouls in one day will be ejected. On the first technical, the player must sit out a total of five game-time minutes (time will be carried over to the next game if necessary). **No dunking is allowed before, during, or after a game.** The penalty for dunking is a technical foul.
5. Both a man-to-man defense and a zone defense can be used. Full court press is allowed unless a team is ahead by twenty points (*twelve points in girls leagues*). You must attack the basket – no stalling. A three-point shot will be allowed where lines are painted. Penalty for full court press violation – the first violation will be a warning, thereafter, all violations will be goal tending.
6. “One and one” bonus free throws will be shot on the seventh team foul in each half. Two free throws will be shot on the tenth foul in each half. All technical fouls are two shots and possession.
7. Teams must provide a scorekeeper for each game. The home team will provide the scorekeeper and the visitors will provide a time keeper.
8. Anyone playing Sophomore, Jr. Varsity, or Varsity basketball in high school is ineligible to play Jr. Jazz.
9. Each team must have a coach over 21 years old on the bench at all times. Failure to do so will result in a forfeit. Two forfeits is cause for removal from the league.
10. NO jewelry is allowed! No rubber wrist bands, watches, rings, or hard hair ties. A player may **not** play with a hard or soft cast.
11. The current year Sandy Parks & Recreation Jr. Jazz jersey must be worn for all league games. No jersey, no play! Jerseys must be tucked in. We recommend shorts/pants that do not have pockets.
12. At game time a team must have at least four players. If four players are not present, the clock will be started and run through the first quarter. If the team has five players before the first quarter is over the remainder of the game will be played. If after the first quarter the team only has four players the game will be a forfeit. Teams may continue to use the time to scrimmage or practice.